

Trauma-Informed Care:

Understanding Their World and Building Resiliency

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Objectives

- Increase knowledge regarding trauma and its impact on child/adolescent development (ACEs)
- Understand the ARC model (attachment, regulation & skill competency) and its use
- Understand the impact of trauma on brain development
- Understand adolescent behaviors in the context of trauma
- Understand what build resiliency in youth and staff

What is Trauma?

Trauma is exposure to death, threatened death, actual or threatened serious injury, actual or threatened sexual violence as follows: – DSM (V)

- Direct
 - Witnessing, in person
 - Indirectly, by learning someone close was exposed to trauma
 - Repeated or extreme indirect exposure to aversive details of the event(s), usually in the course of professional duties
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- Other diagnostic criteria
 - Intrusive symptoms (re-experiencing)
 - Avoidance
 - Negative alteration in cognitions and mood
 - Alterations in arousal and reactivity

Trauma Symptoms

- The traumatic event is *persistently re-experienced*
- The individual persistently *avoids stimuli* associated with the event or reacts with general *numbing* of responsiveness
- The individual exhibits persistent symptoms of *increased arousal*

Re-experiencing the Trauma

- Recurrent images and thoughts
- Recurrent and distressing dreams
- Distress at exposure to cues that symbolize the traumatic event
- Physiological reactivity

Avoidance and Numbing

- Efforts to avoid thoughts and feelings
- Efforts to avoid activities, places or people
- Inability to recall important aspects of the trauma
- Diminished interest in activities
- Feeling detached from others
- Restricted range of affect
- Sense of foreshortened future

Increased Arousal

- Difficulty falling asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance
- Exaggerated startle response

Understanding the Impact of Trauma

Adverse Childhood Experiences

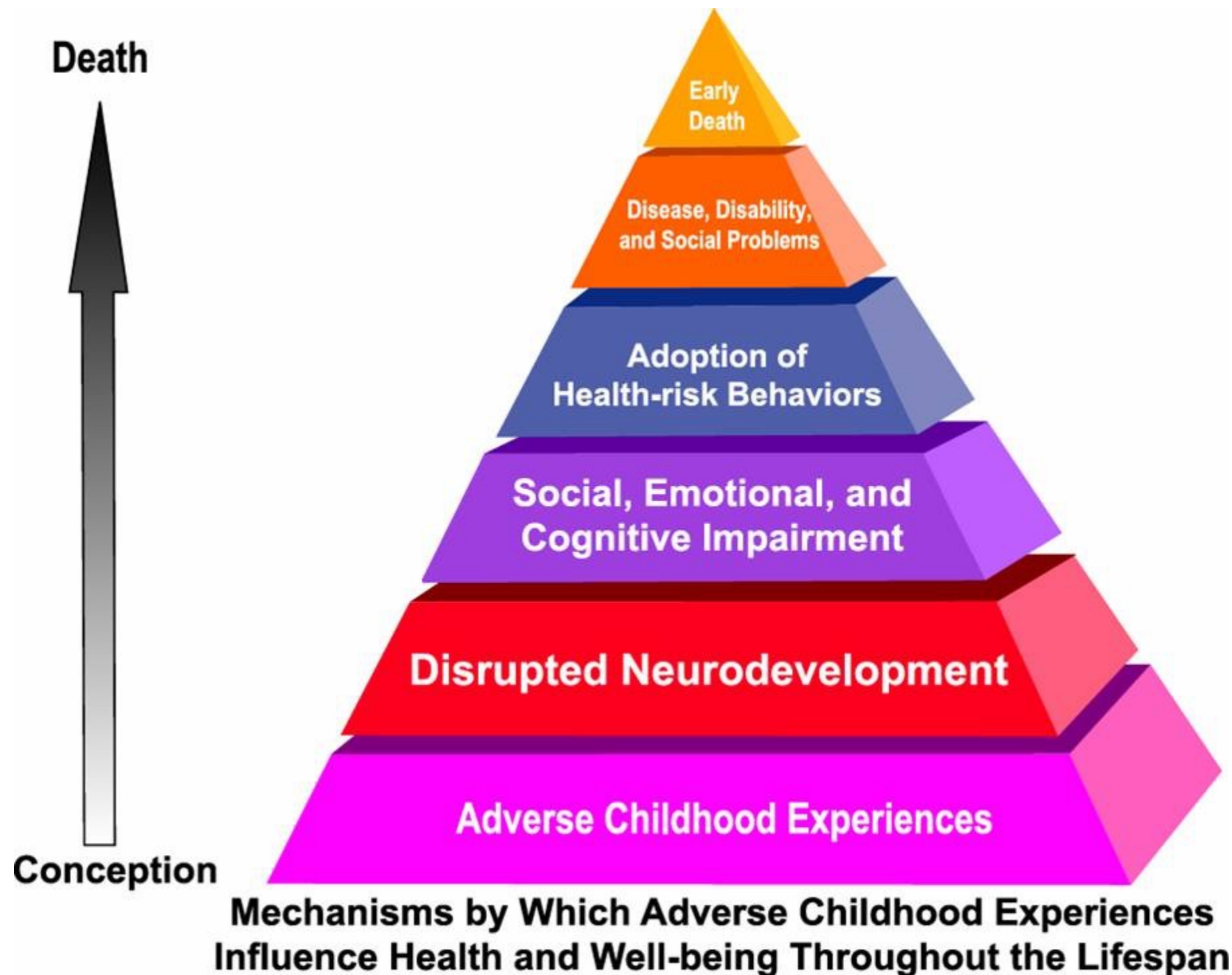
Traumatic events that can have negative, lasting effects on health and wellbeing



67%

of the population
have at least 1 ACE

Understanding the Impact of Trauma



Understanding the Impact of Trauma



1/8 of the population
have more than 4 ACEs

4 or more ACEs

3x

the levels of lung disease
and adult smoking



11x

the level of intravenous
drug abuse



14x

the number of suicide
attempts



4x

as likely to have begun
intercourse by age 15

4.5x

more likely to develop
depression



2x

the level of liver disease



People with 6+ ACEs can die

20 yrs

earlier than those who have
none

ARC

- Attachment
- Self-regulation
- Competencies



Challenges to Positive Attachment

- Suspicion of others; preoccupied with perceived threat
- Defiant and/or aggressive towards peers, caregivers or adults
- Non-discerning in making friends or sharing information
- Unaware of their own emotions
- Not attuned to others' emotions
- Avoids asking for help or communicating needs
- Needy and demanding behavior
- Allows oneself to be victimized by others
- Isolative behaviors
- Engages in loud attention seeking behavior
- Inappropriate attempts to gain intimate contact

Challenges to Self-Regulation

- Hypersensitive to physical contact
- Hyper vigilance
- Hyper arousal
- Somatization
- Inability to be mindful
- Disturbances in regulation of bodily functions

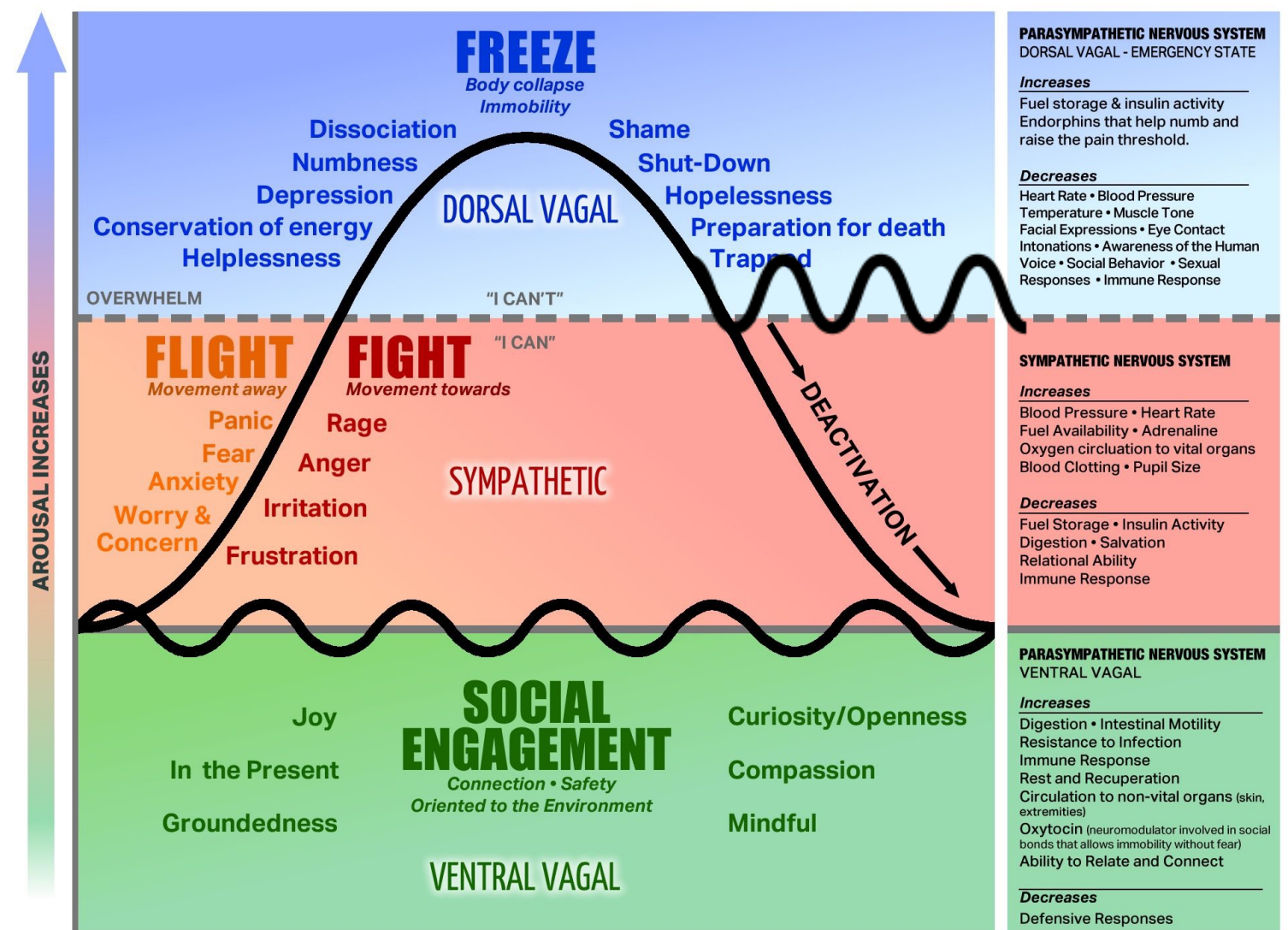
Challenges to Competency

- Pessimistic and hopeless outlook
- Lacking a sense of meaning or purpose in life
- Perceptions of self
 - Low self-efficacy
 - Low self-worth
- Difficulties in the following:
 - Focusing on the task at hand
 - Planning and future-oriented thinking
 - Predicting consequences for one's actions
 - Setting realistic, achievable goals
- Developmental skills deficiencies

Trauma and Brain Development

Moderated Stress Response

- Sympathetic Nervous System
- Cortisol
- Adrenaline



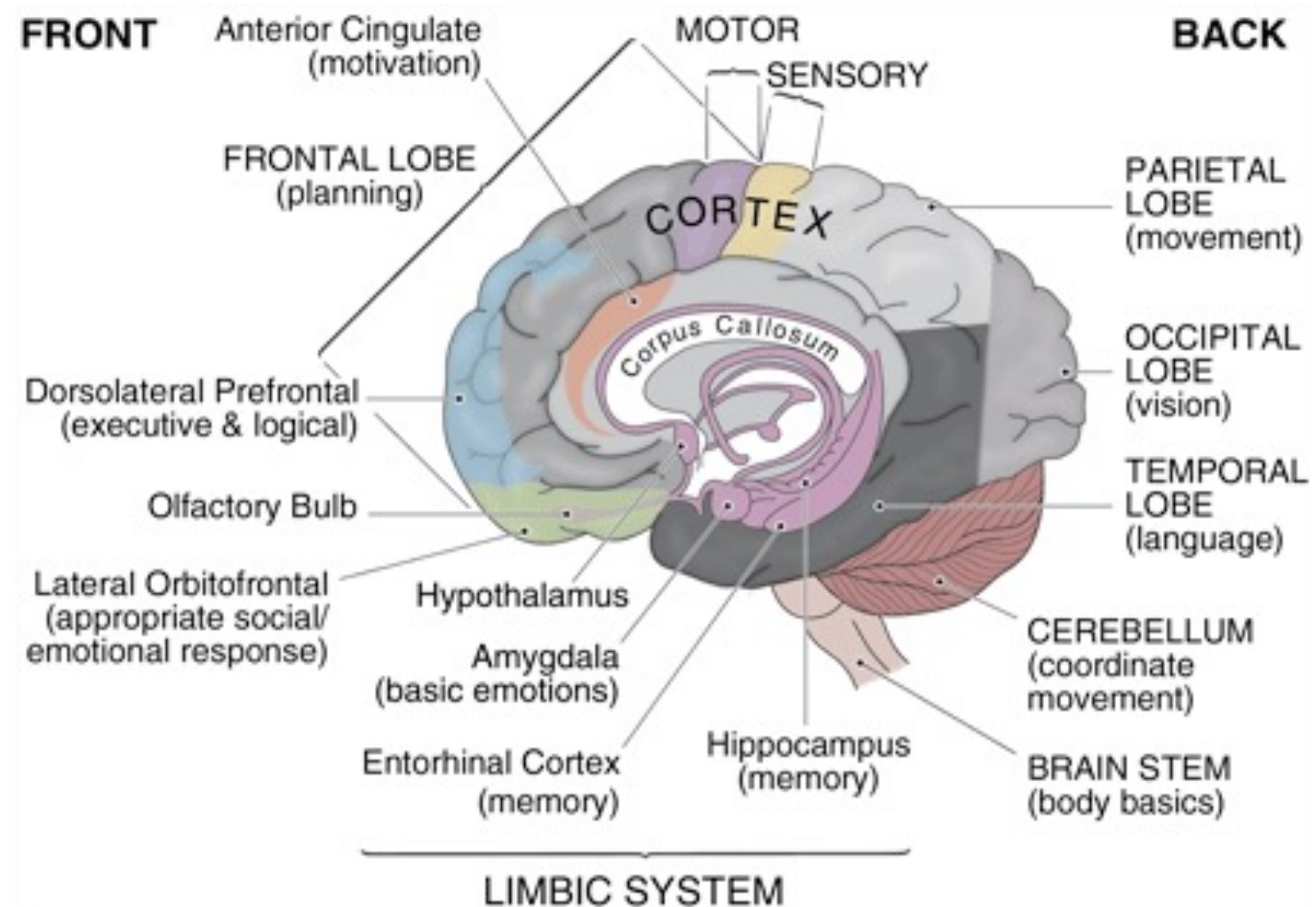
Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

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Trauma and Brain Development

Changes in Brain Structures

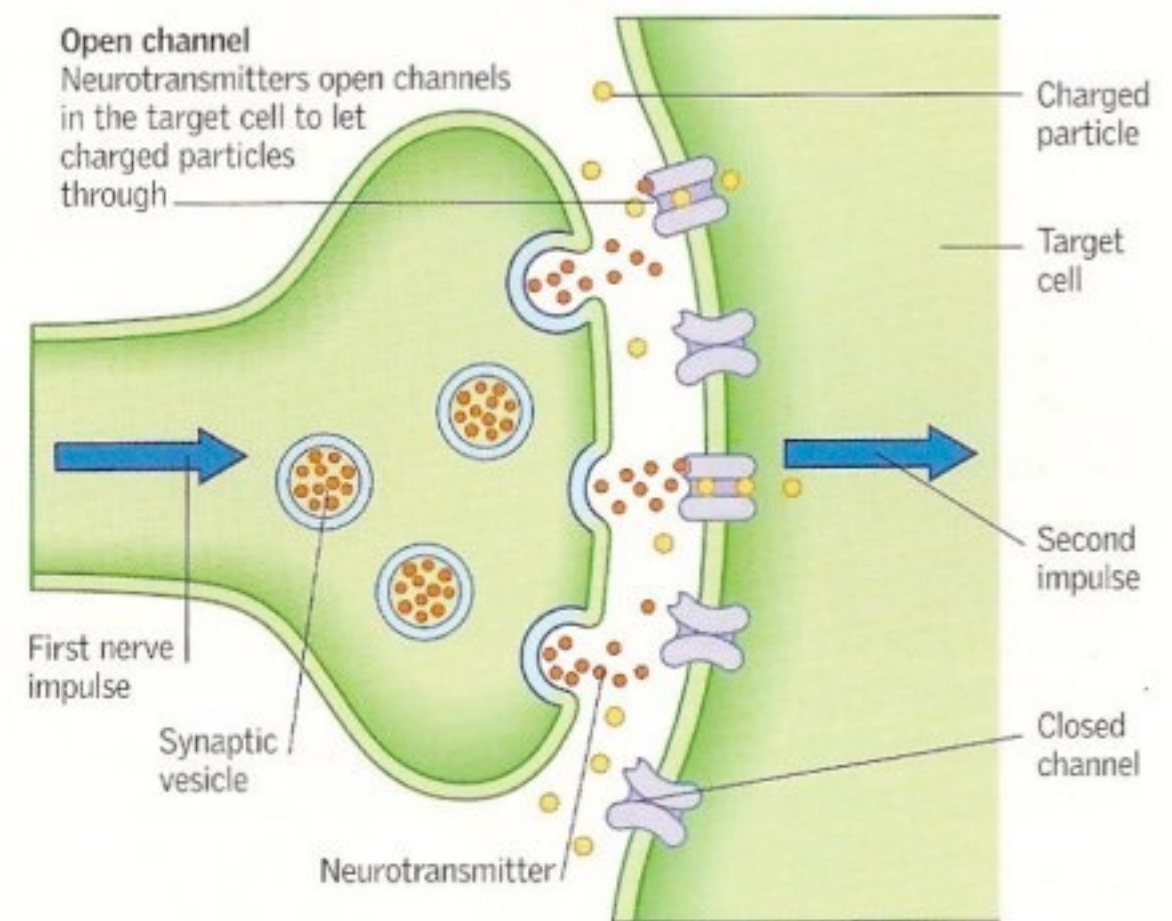
- Amygdala
- Hippocampus
- Corpus Callosum
- Prefrontal Cortex



Trauma and Brain Development

Changes in Neurotransmitters

- Norepinephrine
- Serotonin



Resiliency and Plasticity

- Resiliency is the ability to recover from or adapt to difficult times
- Plasticity is the brain's special ability to adapt and change

Factors which Build Resiliency

Innate Psychological Factors:

- Optimistic attitude
- Temperament



Factors which Build Resiliency

The supremacy of oxytocin:

- Connections
- Positive role models
- Positive support system

Focuses our attention on something important, and correlates with our sense of distress.

Cortisol

Oxytocin

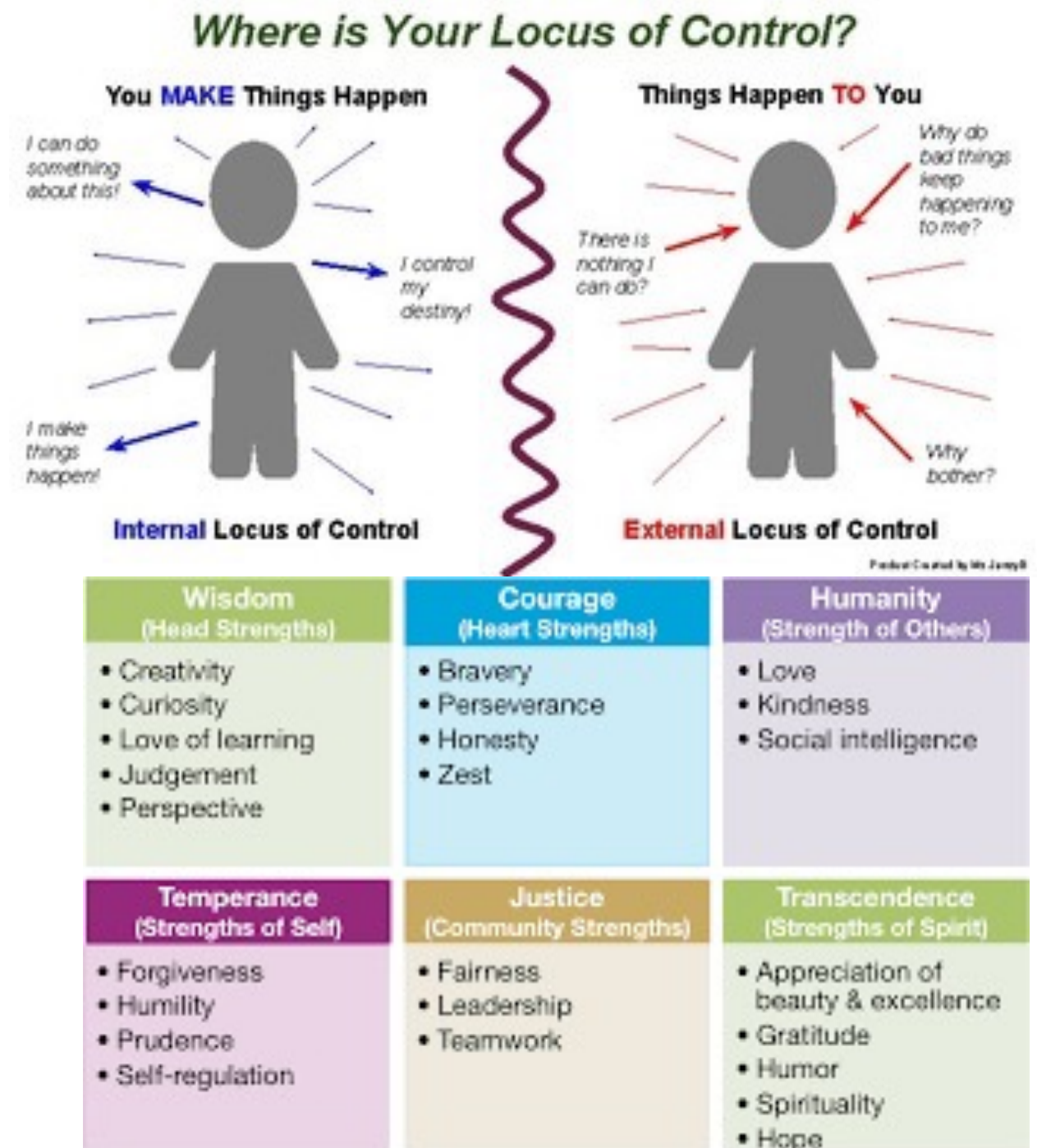
Associated with care, connection and empathy.



Factors which Build Resiliency

Learned Internal Psychological Factors:

- Internal loci of control
- Self-efficacy
- Sense of strength (physical or emotional)
- Opportunities to contribute



Factors which Build Resiliency

Teaching positive coping strategies:

Co-Regulation

Synchronicity

Relaxation techniques

- Deep breathing
- Yoga
- Meditation



Factors which Build Resiliency

Teaching Skills:

- Inter/Intrapersonal skills
- Life Skills
- Conflict Resolution

Healthy Lifestyle

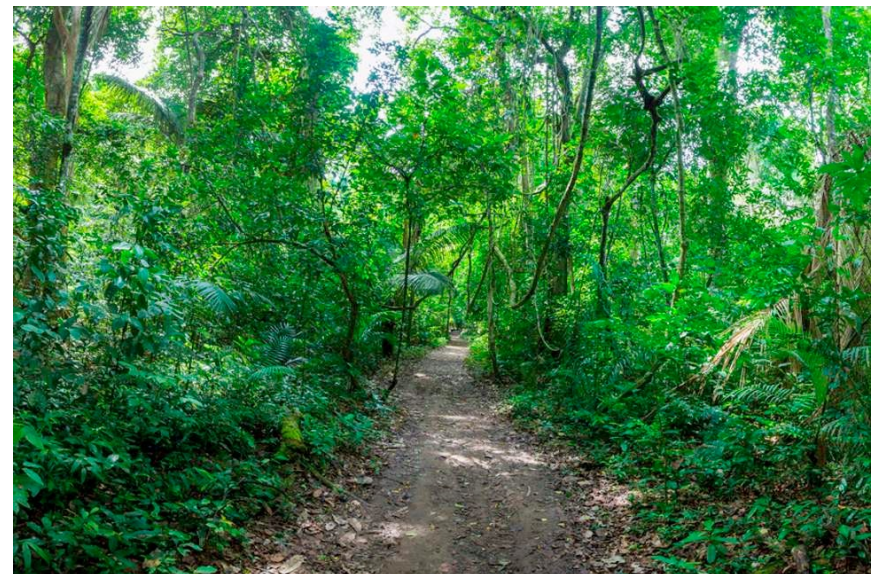
- Diet
- Exercise

Targeted Stress Reduction Tapping TRE



Factors that Build Plasticity

- Learning Opportunities
- Reward Sensitive
- Novel Experiences
- Modeling
- Practice, Practice, Practice



Resources

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Questions?



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